



## MIRALAX PROCEDURE PREPARATION

Colonoscopy examination requires a bowel prep prior to the procedure. It's very important to have a clean colon, without retained stool, to ensure the best examination results. **By the end of your bowel prep your stool should be liquid, either clear or yellow in color.** If your stool remains brown at the end of your prep there will be decreased visualization of your colon, and *chances are that your exam will need to be rescheduled.* Read and follow the instructions below carefully. If instructions are not followed, your physician may not be able to complete your procedure.

### SPECIAL INSTRUCTIONS FOR PATIENTS TO WHICH THE FOLLOWING APPLIES:

- **Heart Defibrillators:**
  - Please call our office immediately to inform the office staff if you have a heart defibrillator. If so, your procedure will need to be scheduled at the hospital setting.
- **Blood thinners (examples include Coumadin, Plavix, Eliquis, Xarelto, etc.):**
  - **If you are on blood thinners, you are required to call our office at (208)489-1887.**
  - Your colonoscopy examination may need to be repeated if a large polyp is found while taking blood thinners.
- **Diabetes:**
  - ***If you are taking medications for diabetes, please call your primary care doctor to inform them that you are having a colonoscopy examination. Ask them if your medication doses need to be adjusted and if so, how to adjust them during your colonoscopy preparation and on the day of your procedure.***
  - Remember to check your blood sugars frequently throughout the day *before* your colonoscopy procedure and on the day of your colonoscopy procedure.
- **Peritoneal Dialysis:**
  - **Your check in time may change if you are receiving peritoneal dialysis. You are required to call our office at (208)489-1887 prior to your appointment.**

### HELPFUL HINTS

- ***Examples of FULL LIQUID MEAL MAY INCLUDE:*** Cream of Wheat (no oatmeal or grits), strained creamed soups (no pieces or chunks of vegetables or meats), flavored yogurt (without pieces of fruit), milkshakes and Ensure nutrition shakes.
- ***Examples of CLEAR LIQUIDS MAY INCLUDE:*** water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee & tea(no cream), and soft drinks. Please avoid red & purple liquids.
- Using a straw and/or sucking on hard candy may help you drink the solution.
- If you become nauseated or feel chilled during your bowel preparation, stop the prep for at least 30 minutes before resuming.
- **QUESTIONS?**
- Visit our website: [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) for educational videos on your procedure.
- Call our office during regular business hours (8am to 430pm) at 208-489-1887. If after 430pm, please call 208-489-1900.
- ***Remember, millions of Americans undergo a colonoscopy every year. YOU CAN DO THIS!***

# **INSTRUCTIONS:**

## **5-7 DAYS PRIOR TO YOUR PROCEDURE**

**Purchase your bowel prep from your grocery store as indicated below.**

Dulcolax 5mg tablets & 238grams of Miralax (equivalent to 2 weeks supply)

**Make arrangements for a responsible adult driver to accompany you on the day of your procedure and drive you home.**

*NOTE: If your driver cannot be confirmed when you arrive, we will **NOT** be able to provide sedation, and your procedure may need to be rescheduled. Drivers are required to stay during the entirety of your procedure. Taxi or Uber transportation will **NOT** be accepted for safety reasons.*

## **3 DAYS PRIOR TO YOUR PROCEDURE**

**Avoid raw fruits, vegetables, lettuce, and red & purple liquids**

**Stop taking over-the-counter supplements and iron, including multi-vitamins containing iron, and fiber supplements.**

**Do not eat foods containing small seeds, corn, or nuts.**

**Begin a low fiber diet and stop all fiber supplements such as Metamucil, Citrucel, and Benefiber. See [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) for suggestions on low fiber diet.**

## **THE DAY PRIOR TO YOUR PROCEDURE**

**For breakfast, you may have a full liquid meal and as many clear liquids as you can tolerate.**

**After breakfast, you may only consume clear liquids.**

**Stay hydrated! Very Important!**

*Drink at least one liter of water before starting your bowel preparation*

**Confirm your responsible adult driver for procedure day**

*We prefer your driver stay in the area during the procedure and be available at time of discharge to hear all instructions (expected duration from check-in: 2-3 hours)*

**Begin bowel preparation -**

*See attached detailed instructions of your prep formula if provided instructions differ from those on your bottle, **use our Instructions***

**Hydrate, Hydrate, Hydrate!**

*Continue to drink clear liquids all evening until bed*



## DAY OF YOUR PROCEDURE

### At least **4 hours** before your procedure time

*start the second half of your bowel prep formula*

### At least 2 hours before your procedure time

*Take your regularly scheduled medications with only sips of water*

### Continue to hydrate until 2 hours before your arrival time and then **STOP!**

#### Do **NOT**:

- take antacids (Maalox, Pepto Bismol, Mylanta, etc.)
- use creamer in your coffee
- take any pain medications or use marijuana
- chew gum, hard candy, or lozenges (Less than 2 hours from your scheduled procedure)

### For the **2 hours** before your procedure time: **Absolutely NOTHING by mouth!!**

*Your procedure **WILL BE DELAYED OR CANCELLED** if you eat or drink anything during this time (this includes use of a drinking fountain)*

### Remember to bring your photo ID, insurance card, and updated medication list.

We cannot be responsible for your valuables (watches or various jewelry items). Please leave these at home.

## Bowel Preparation Instructions

### **Miralax Dulcolax Split Dose:** Obtain over the counter

#### ✓ **Day before** procedure:

- 3:00PM Take 2 Dulcolax pills
- 5:00PM Mix the 238 gram bottle of Miralax in 64 oz of Gatorade, Gatorade 2, Crystal Light, water, or any clear liquid of your choice.
- Drink one glass (8oz.) every 5-10 minutes until half (32 oz.) of the solution is gone. Complete within 1-2 hours of starting.
- Refrigerate remaining solution.

#### ✓ **Day of** procedure:

- 4 hours before procedure, shake remaining half (32 oz.) of Miralax solution.
- Drink one glass (8oz.) every 5-10 minutes until the solution is gone.
- You must finish drinking the remaining half of the solution at least 2 hours before your procedure.